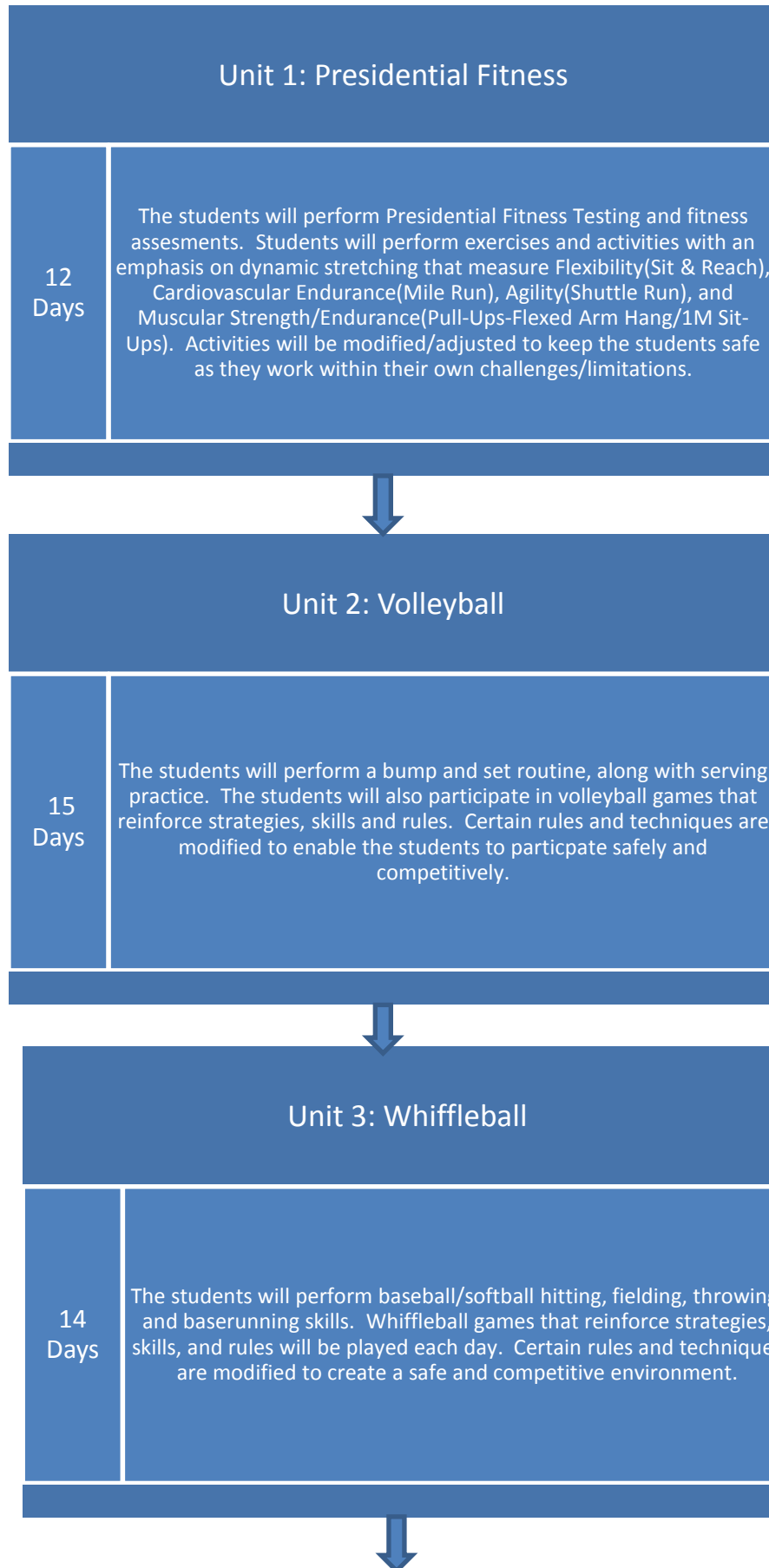




Reavis High School

Curriculum Snapshot/Cover Page for Adapted PE



Unit 4: Badminton

13
Days

The students will perform the basic skills/shots of badminton, such as serving, smashing, driving, clearing, and dropping. Game play will reinforce basic skills and strategies. Certain rules and techniques are modified to create a safe and competitive environment.



Unit 5: Indoor Soccer

12
Days

The students will perform the basic skills of soccer, such as dribbling, passing, shooting, and defense. Drills and game play will reinforce basic skills and strategies. Certain rules and techniques are modified to create a safe and competitive environment.



Unit 6: Fitness Center

12
Days

The students will perform Strength Training and Cardiovascular Fitness Training with the use of appropriate machines/equipment in our Fitness Center. Proper technique and safe usage of all equipment is taught and reinforced daily. In addition, basic concepts of health and fitness will be discussed. Certain machine usage and exercise techniques will be modified based on the needs/challenges of the individual student.



